



The Sacred Art of Relating Retreat (Bali 2-7th September 2016)

Timetable

with facilitators

Nic Morrey, Diana Anderson, Daniel White, Aladdin Jones
Carla van Laar, Ostii Ananda and Tania van Megchelen

Friday 2nd

1pm-1:30pm	Warm up	With Ostii
1:30pm-4pm	Intro session	With Nic & Diana
4pm-5pm	Overview	From each facilitator
6pm-8pm	Group Dinner	

Saturday 3rd

7am – 8:30am	Couples yoga and tantra	With Ostii
8:30 – 10am	Breakfast	
10am-1pm	Imago	With Diana
1pm-3pm	Lunch	
3pm-5:30pm	Imago presencing	With Aladdin

Sunday 4th

7am – 8:30am	Couples Yoga and tantra	With Ostii
8:30 – 10am	Breakfast	
10am-12pm	From Shame to Humility	With Tania
12pm – 3pm	Lunch and break	
3pm-6pm	On Sexuality	With Diana

Monday 5th

7am – 8:30am	Couples yoga and tantra	With Ostii
8:30am-10am	Breakfast	
10am-1pm	Exploring influences from the past	With Carla
1pm on	Afternoon off	

Tuesday 6th

7am – 8:30am	Couples yoga and tantra	With Ostii
8:30am-10am	Breakfast	
10am-1pm	A psychoneurobiological approach	With Daniel
1pm-3pm	Lunch	
3pm-5:30pm	Working creatively with your attachment style	With Carla

Wednesday 7th

8am-10am	Sleep in and Breakfast	
10am-2pm	Couples Water Blessing with high priestess (Hindu)	
2pm-5pm	Lunch & break	
5pm-9pm	Group Dinner and Balinese Kecak dance	